



SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE **December** 2010



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<div>To reserve a meal Call 763-7428 by noon the day before</div>				1	Baked ham w/Pineapple Sauce Sweet Potato Collard Greens 100% Whole Wheat Bread Fresh Fruit	2	Cream of Vegetable soup Chicken Breast Filet on Multigrain roll Potato wedges Spinach salad w/ mandarin oranges, almonds w/ raspberry vinaigrette Pound cake w/ sliced peaches & whipped topping	3	Pot roast w/ vegetable gravy Whipped potatoes Broccoli & cauliflower 12 grain bread Fruit cocktail
6	Rotini w/ extra meat sauce Meatballs w/ tomato sauce Garden salad w/ Italian dressing French stick Tropical fruit	7	NATIONAL BROWNIE DAY Orange juice Oven fried chicken Corn bread stuffing Collard greens 100% whole wheat bread Choc frosted brownie	8	Autumn soup Roast pork w/ gravy Sweet potatoes Vegetable medley Rye bread Apple cinnamon crumble	9	Stuffed salmon boat w/ seafood sauce Rice pilaf Broccoli sprouts 12 grain bread Sliced peaches	10	Turkey vegetable soup Roast turkey w/ turkey gravy Whipped potato Wheat dinner roll Orange glazed baby carrots Cranberry sauce Fresh fruit
13	Stuffed peppers w/ meat sauce Parslied bowties Green beans & yellow squash 100% whole wheat bread Fruited Jello w/ whipped topping	14	Orzo vegetable soup Chicken ala orange Baked beans Hawaiian coleslaw Wheat bread Pineapple tidbits & mandarin oranges	15	Sliced roast beef w/ gravy Whipped potato Peas and pearl onions Wheat dinner roll Apricots	16	HOLIDAY MEAL Grape juice Stuffed chicken breast w/ gravy Holiday vegetable blend Seasoned baby potatoes Whole wheat dinner roll Ice cream sundae	17	Six bean soup Sole Florentine Tartar sauce Fiesta rice Mixed vegetables Wheat bread Tropical fruit
20	Boneless chicken piccata Brown rice Diced carrots and peas 100% wheat bread Sliced pears	21	American chop suey Zucchini Spinach salad w/ tomatoes w/ raspberry vinaigrette Dinner roll Banana pudding w/ mini-chips & marshmallows	22	Tomato rice soup Pier 17 fish w/tartar sauce Oven fried potatoes Coleslaw Saltines Pineapple and mandarin oranges	23	Sliced turkey w/ gravy Whipped potato Diced turnip and squash Cranberry jelly 12 grain bread Fresh fruit	24	CLOSED IN OBSERVANCE OF THE HOLIDAY
27	Breaded pork steak w/ broth Parslied noodles Capri vegetables Whole grain white bread Applesauce	28	Minestrone soup Stuffed shells w/ marinara sauce Grated parmesan cheese Italian green beans Club roll Sliced peaches	29	Orange pineapple juice Sesame chicken Parslied boiled potatoes Peas and corn blend 100% whole wheat bread Double chocolate cake	30	Sauerbraten w/ ginger snap gravy Sweet potato Wax beans, green beans, baby carrots Rye bread Fresh fruit	31	CLOSED IN OBSERVANCE OF THE HOLIDAY

Elderly Nutrition Program meals are served Monday thru Friday to persons and their spouses' 60 years of age or older.
All meals are served with bread, coffee and/or tea and milk. DONATIONS: \$2.00 (or what ever you can afford).